Present Remedies

against the Plague:

Shewing sundry Preseruatiues

for the same, by wholsome Fumes, drinks, vomits, and other inward Receits: as also the perfect cure (by implaisture) of any that are therewith infected.

Now necessary to be obserued of euery Housholder, to auoide the infection, lately begun in some places of this Cittie.

Written by a learned Phisition, for the health of his Countrey, And now newly inlarged by the same Author, with Remedies for the new pestilent Feuer.

Printed at London by Iohn Danter, for William Barley, and are to be sold at his shop in Gracious-streete. 1592.

B L

30 3 76

To the Reader.

FOR as much as the force and infection of the ordinary diſeas called the Plague or Peſtilence, hath heretofore been too well knowne and felt in ſundry places of this Realme: and conſidering that it hath of late begun to increaſe in many chiefe Cities and populous places; I thought it good to publiſh to you in time, ſundry preſeruatiues againſt the ſaid diſeaſe, the better to defend thoſe that are in health, from the infection of the diſeaſed: And alſo to cure thoſe that are any way infected, grieued, or troubled with the ſame. And to this I was imboldened, the rather for that it was written by a very learned and approoued Phiſition of our time, who deſireth more the health of his Country, than by diſcouering his name ſeeme vaineglorious to the world. Accept the ſame I pray you in good part, and thanke God for the Phiſitions paines, who hath his deſire if it may doe but that which he wiſheth: namely to expell ſickenes, and increaſe health to this Land. Which God for his mercie ſake, proſper and preſerue from all plagues and dangers for euermore, Amen.

Theſe things ought duely to bee be looked vnto. Viz.

IT is very conuenient that you ke[illegible] your houſes, ſtreetes, yardes, b[illegible]ſides, ſincks, and kennels, ſweet and cleane from all ſtanding puddles, dunghils, and corrupt moyſtures which ingender ſtincking ſauours that may be noyſome, or breede infection: nor ſuffer no dogs to come running into your houſes, neither keepe any (except it be backewarde, in ſome place of open ayre, for they are very dangerous, and not ſufferable in time of ſickeneſſe, by reaſon they runne from place to place, and from one houſe to another, feeding vppon the vncleaneſt thinges that are caſt forth into the ſtreetes, and are a moſt apt cattell to take infection of any ſickenes, and then to bring it into the houſe.

For ayring your Roomes.

Ayer your ſeuerall roomes with Charcole fiers, made in ſtone pans or Chafingdiſhes, and not in Chimneys: ſet your pans in the middle of the roomes: ayer euery roome once a weeke (at the leaſt) and put into your fire a little quantity of Frankinſence, Iuniper, dryed Roſemary, or of Bay-leaues.

A Fume of great experience.

Take Roſemary, and put it into ſtrong Vineger, ſteepe it in a Baſon or Bowle, heate foure or fiue Flint-ſtones red hot, and caſt them into the Vineger, and ſo let the Fume aſcend into the middle of euery roome.

An

Another.

Aire your apparrell in the same sort, and with the same fume: and beare in your handes some handkercher, Spunge, or Cloth, wetted in the iuyce of Wormwood, Hearbegrace, and Red Rose-vineger, mixt together.

To smell to.

The roote of Enula Campna, steeped in vineger, & lapped in a handkercher, is a speciall thing to smell vnto, if you come where the sickenes is.

Another.

Hearbgrace, and wormewood steeped in vineger, in some pewter peece close stopt, is to bee vsed in like sort.

To tast or chewe in the mouth.

The roote of Angelica, Setwall, Gencian, Valerian, or Sinamond, is a speciall preseruatiue against the plague, being chewed in the mouth.

To eate.

Eate Sorrell steeped in Vineger, in the morning fasting, with a litle bread and butter, Sorrell sauce is also very hollsome against the same.

Another.

Take the kernell of a Walnut, mince it with three or foure leaues of Hearbgrace, and a corne or two of Salt: then put it into a Figge, warme it and eate it fasting: fast three houres after, and take it twice a weeke.

them in a Limbecke: keepe the distilled water, and giue the Patient two ounces to drinke thereof, foure times in foure twenty houres, when he is in his naked bed, and let him be prouoked to sweat, and he shal find great ease thereby.

If the Patient be bound in the body.

Take a suppository made with a litle boyled Hunny, & a litle powder of Salt: let this be put vp at the fundament with a litle butter, vntil it moue him to the stoole.

Drinke for ordinary Diet.

So neere as you can, let the Patients ordinary drinke be good small Ale of eight daies olde.

For Vomitting.

Vomitting is better than bleeding in this case, and therefore prouoke to vomit so neere as you can.

To prouoke Vomit.

Take three leaues of Eastrabecca, stampe it, and drinke it in Rennish wine, Ale, or posset Ale.

Another.

A litle quantity of white Helibor, grated and drunke in the like sort procureth vomit.

A speciall Vomit.

Take two ounces of Oyle of Walnuts, a spoonefull of the iuyce of Celandine, and halfe a spoonefull of the iuyce of Reddish roots: Let not the party sleepe for two houres after, and in so doing it is better than any purging.

For Purging.

If the party be full of grosse humours, let him blood immediately vpon the right arme, on the Liuer veyne, or on the median veyne, in the same arme: so as no sore appeare the first day.

Good Counsell.

A very wholsome purge.

Put into the pap of an Apple, a threepennyweight of Alloes, and so take it: or the pils of Rufus.

A very wholesome water to be distilled.

Steep Sorrel in Vineger, foure and twenty houres, then take it out and dry it with a linnen cloth, then still it in a Limbecke, drinke foure spoonefuls with a little Sugar, then walke vpon it till you sweat, if you may: if not, keepe your bed and sweat vpon it. Use this before supper on any euening.

If the pacient happen to bee troubled with any swellinges, Botches, Carbuncles, or Gods tokens: let him sweat moderately now and then.

Outward Medicines to rypen the Sore.

Take the roote of a white Lillie, roste it in a good handfull of Sorrell, stampe it and apply it thereto very hot, let it lie foure and twenty houres, and it will breake the sore.

Another.

Take of old Swines-grease salted, two ounces, with the yolke of an egge, and two handfuls of Scabias, stampe them together, and lay it warme to the Sore.

Another.

Take a small quantity of Leauen, a handfull of Mallowes, a litle quantity of Scabias, cut a white Dynion into pieces, with halfe a dozen heads of Garlicke, boyle these together in running Water, make a Poultus of it and then lay it hot to the sore.

Another.

The like may be made of two handfuls of Valerian, three roots of Danwort, and a handfull of Smallidge, seeth them in sheepes Suet and Rose water, with a few crums

crums of bread, and apply it hot to the sore.

Another.

Take a hot Loafe, newe taken forth of the Ouen, apply it to the sore, and it will doubtlesse breake the same: but afterward bury the same Loafe deepe inough in the ground, for feare of any infection: for if either dog or any other thing do feede thereon, it will infect a great many.

Other Obseruations.

Let the sicke and infected persons bee seperated and kept from the whole, vntill the sore be healed: but generally let them be kept within the space of a moneth.

For a Fume.

Take a new burnt Bricke, and heate it red hote, then put it into a Bason of Vineger, and let the Fume thereof ascend into your houses.

For Ayring Apparrell.

Let the Apparrel of the diseased persons, be well and often washed, be it Linnen or woollen: or let it be ayred in the Sunne, or ouer pans of fire, or ouer a Chasingdish of Coales, and fume the same with Frankensence, Iuniper, or dryed Rose-mary.

A perfect good Plaister for the Cure of the sore after it is broken.

Take vnwrought Ware, white Turpentine, the yolke of an Egge, a little fresh butter, and a quantity of English honny, boyle all these together to a salue, and apply it to the sore, beeing thin spread vppon a cloth, in manner of an ordinary Playster.

Good Counsell.

Additions.

To preserue from the Infection of the Plague.

Take Garlicke peele peele it and mince it small, put it into new milke and eate it fasting.

To take the infection from a house infected.

Take large Dynions, peele them, and lay three or foure of them vpon the ground, let them lie ten daies, & those pieled Dynions will gather all the infection into them that is in one of those Roomes: but bury these Dynions afterward deepe in the ground.

Another.

Take new milke and set it in a Bason in the middle of the infected Roome, and the milke will drawe the Infectious vapour into it, letting it stand two daies in the saide Roome.

Against the new burning Feuer.

If the Patient be in a great heat as most commonly they will, take of faire running water a pyety quantity, put it on a Chafingdish of Coales, then put thereinto a good quantity of Saunders beaten to powder: and let it boyle halfe an houre betweene two dishes: that done, put a couple of soft linnen clothes into the dish, wet the clothes well in water and Saunders, and apply the same so hote as you can suffer it to your belly.

To

B L

30 3 7.

5 leaves
only as
described
T.T
pp BQLD
2.3.76.